

## **KS4 Games**

All pupils have one lesson of Games per week. The wide variety of activities available should give every pupil an opportunity to find a sport that they enjoy and help to promote a healthy lifestyle. The work for these activities will be covered in half term blocks.

Pupils will be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance and fitness]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

All pupils are required to participate, in full PE kit and in every lesson to maximise their chances of success.